



Sun Safety Announcement for Employees



Cover up!



- This year there will be over one million new cases of skin cancer in the United States, chiefly caused by *UV rays in sunlight.
- Left untreated, skin cancer can eventually cause serious scarring, disfigurement, and even death.
- Protect yourself from the sun today: *(Choose the items that are practical...)*
 1. Wear a wide-brimmed hat.
 2. Wear long, light-weight clothing to cover your skin.
 3. Apply SPF 15 sunscreen to exposed skin.
 4. Wear UV-protective sunglasses.
 5. Use lip balm with a SPF of 15 or greater.
 6. Work or take breaks under shade, when available.
 7. Drink plenty of water to help stay cool.

*UV = ultraviolet (rays)